This week's recommended Health and Wellness Activity:

5-Minute Meditation

Suggested meditation read:

Accepting Compliments
by Madison Taylor

The following articles may be of interest to you:

Planning Your Holidays During the COVID-19 Pandemic

How to mentor and support other women — and help them succeed
Health Disparities:

- ‘We are not guinea pigs’: Trust issues and a COVID-19 vaccine trial in the Navajo Nation
- COVID on the Reservation: How the Hopi Have Fared
- Coronavirus: inequalities in healthcare may explain worse outcomes for BAME people
- Data suggests COVID-19 racial disparities impacting decisions about education
- Study: FDA’s metformin label change likely mitigated race, sex disparities

CALL FOR APPLICATIONS!

Are you a psychiatric nurse pursuing a career in the prevention & treatment of mental illness & substance abuse? Are you in search of academic & financial support for your postgraduate degree? If you are, then the American Psychological Association Minority Fellowship Program (IMFP) supports 35 doctoral and master’s fellows each year and requires the expertise and support of leaders in each represented discipline. This expertise is provided by mentors—professionals who are well recognized in the field of behavioral health. Therefore, mentors must have received their degree at least 10 years in the past. The term of service is up to two years, beginning December 2020.

**Nominations and supporting materials should be submitted no later than November 30, 2020 at [http://aps.org/IMFP-Mentor](http://aps.org/IMFP-Mentor).** Nominations will be notified of their status in December.

For more information on the APA Minority Fellowship Program, please visit [http://aps.org](http://aps.org).

New employment opportunity:
The Provost Early Career Cohort Fellowship Program (PECCFP) is currently accepting applications. Use the link provided directly below for more information and to apply.

http://app.econnect.utexas.edu/e/es.aspx

Missed an issue? Check out our e-Newsletter archives at emfp.org/news/e-newsletters.

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